

6-5-2b

How Do I Look?

Grade Level	Sixth
Minimum Time Required	Two 40-Minute Class Periods
Materials/Resources	"How Do I Look?" Checklist
Subject Area(s)	Guidance

Project Description:

1. Discuss with the class how personal appearance is directly related to self-image, and influences future career success. (Be aware that personal appearance is a very sensitive issue.)
2. Distribute the "How Do I Look?" checklist. Read and discuss the information on the checklist.
3. After discussion of the material, instruct the students to rate themselves.
4. Review the results with the class and discuss implications of the information on personal and career success.

Career Development Standard	Understanding the relationship between work and learning.
Career Development Indicator	Demonstrate an understanding of the importance of personal skills and attitudes to job success.
Delivery Level	Review
Academic Standards	
Language Arts	1.4.c Collect and summarize information to make reasonable and informed decisions. 3.1.b Use various listening techniques in problem-solving and decision-making situations. 4.1.b Present oral information in a logical and coherent manner.
Employability/SCANS Skills	Personal Qualities, Basic Skills
Assessment/Rubric	Students will be evaluated based on class participation.

Submitted by: SD Comprehensive Guidance and Counseling Program Model

How Do I Look?

Neatness and grooming are important for many reason but most of all for the feeling of personal pride and self-respect they give you. Your appearance strongly influences your poise, self-confidence, and feeling of well-being. These feelings, in addition to being reflected in general appearance, may be the key cause for job success or failure.

When applying for a job or meeting anyone for the first time, the first impression you make is important. The first, and often the most lasting impression you give an employer is visual. Deliberate care in all areas of appearance is necessary to give a total well-groomed impression.

<u>Personal Appearance</u>		Good	Average	Poor
BODY	Clean underclothing			
	Daily bath or shower			
	Use of deodorant			
HAIR	Neat haircut			
	Hair looks combed and neat			
	Hair style is OK			
FACE:	Neck, face, and ears clean			
	Women: make-up and lipstick on neatly			
MOUTH:	Clean teeth			
	Fresh breath			
HANDS:	Nails and hands clean			
	Nails smooth, not too long or uneven			
CLOTHING:	Style OK—not too dressy or too casual			
	Fits well—not too loose or too tight			
	No T-shirts, especially with logos or messages			
	No buttons missing			
	No wild or clashing colors			
	No rips or tears			
	Clean handkerchief or tissue in pocket or purse			
	Men: pockets not bulging			
	Women: skirt length OK			
	Shoe style OK—appropriate to the occasion			
	Shoes not run down (heels, toes, soles)			
	Shoes clean			
ACCESSRIES:	Plain jewelry			
	Carries pen			